

## **Nutritional Science and Dietetics (NSD) 800 - Contemporary Nutrition.**

It is designed as an update in Nutrition for extension agents, secondary school teachers, social service workers, registered dietitians who need Continuing Education and others. It is also a part of the College of Human Resources and Family Sciences Distance Masters degree. However, it does not provide graduate credit for people majoring in nutrition.

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## **NSD 800 - Contemporary Nutrition**

Required text: Understanding Nutrition ninth edition packaged with InfoTrac.

### **Course Content:**

Nutrition Guidelines And Epidemiology ; Energy Nutrients And Health ; Fundamentals Of Metabolism And Energy Balance; Weight Control And Fitness; Vitamins, Minerals And Water ; Consumer Concerns  
The syllabus may change depending on people's interests.

Readings listed below will be more focused as they are assigned.

### **Week 1; Aug 27-31**

#### **INTRODUCTION:**

- Respond to the Main Discussion Board
- Respond to the posted survey
- Begin reading Chapters 1 and 2
- Check for Course Documents & External Links

### **Weeks 2 - 3; Sept 3-14**

#### **NUTRITION GUIDELINES AND EPIDEMIOLOGY**

- Check for Course Documents & External Links
- Check Assignments for paper due Sept 10
- Check Announcements for Chat schedule during the week of Sept 10 and for group project sign-up.
- Chat during week of Sept 10

### **Weeks 4 -7; Sept 17 - Oct 12**

#### **ENERGY NUTRIENTS AND HEALTH**

- Chapters 4 - 5 & 18 and 6 & 20
- Check for Course Documents & External Links
- Paper due Oct 1 -Group project assignment by Sept 17
- Chat during week of Oct 1
- Progress report by Oct 5

### **Weeks 8 - 9; Oct 15 – 26**

#### **FUNDAMENTALS OF METABOLISM AND ENERGY BALANCE**

- pgs 221-239 and Chapter 8
- Chat during week of Oct 15
- Check for Course Documents & External Links
- Progress report by Oct 26

**Weeks 10 - 11; Oct 29 - Nov 9****WEIGHT CONTROL AND FITNESS**

- Chapters 9 and 14
- Check for Course Documents & External Links
- Chat during week of Nov 5
- Progress report by Nov 9

**Weeks 12 - 14; Nov 12 - 30****VITAMINS, MINERALS AND WATER**

- Selected readings from Chapters 10-13
- Check for Course Documents & External Links
- Progress report by Nov 30

**Week 15; Dec 2-7****CONSUMER CONCERNS**

- Chapter 19
- Paper by Dec 2
- Chat this week
- Post Group Projects
- Final brief report on project outcome

**Finals week; Dec 10-14**

- Group paper due

**Assignments:**

There will be a total of 500 points. Specific information will be posted well in advance under Course Assignments. Assignment postings will be listed in Announcements.

- 4 papers; more information to come; 50 pts each
- 5 Chat sessions; topics to be announced; 20 pts each
- 5 Brief progress reports re: group project; 10 pts ea.
- 1 Group project; to be assigned; includes: presentation posted for entire class; 50 pts paper; 100 pts.

**Evaluation:**

Each assignment will include more specific evaluation information. In general, assignments will be graded for evidence that you understand the material and for soundness of your opinions/arguments. A "sound opinion/argument" is one where you have literature support to back up your reasoning. Grammar and spelling will be included in the evaluation if they add additional time to the reading of your work.

Evaluation of group discussions will include your level of participation.